



Campaspe Says NO to Family Violence

Domestic and family violence occurs when someone in an intimate or familial relationship attempts to gain and/or maintain power and control over another through a wide range of abusive behaviours:

- **Physical** – punching, pushing, being injured with objects/weapons
- **Verbal** – constant put-downs, name calling
- **Sexual** – any forced or unwanted sexual contact/activity
- **Social** – controlling where you go, who you see, geographically isolating you
- **Financial** – being refused/denied access to money
- **Damage to property** – kicking a hole in the wall, scratching your car
- **Psychological** – behavior and/or comments to undermine your sense of self
- **Spiritual/Cultural** – not allowing you to practice your chosen religion or cultural beliefs.
- **Stalking** – worrying or frightening you by watching, phoning or following you.

It also includes behaviour that causes a child to hear, witness or be exposed to the effects of abusive behaviour

Where can you go for help?

You can talk to anyone you feel safe with:

Family Violence Services

Friend or family you believe will listen

Your doctor, local hospital or health care centre

Police

Court house/legal services

For details refer to the opposite side of this card

What do you need if you decide to leave?

It is helpful, but not essential, to take personal papers and identification for yourself and your children. This will assist with legal and financial matters.

Suggested items:

House/car keys

Medication

Drivers licence/medicare card

Pension/health care card

Passport(s)

Birth certificate

Emergency/contact phone numbers

Money/bank account details/ATM cards

Clothing and essential items for yourself and children



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Services & Assistance

Emergency

If there is an immediate threat to safety call emergency 000

Safe Steps Family Violence Response Centre
(Toll free, 24 hours, 7 days)
www.safesteps.org.au
1800 015 188

Victims of Crime Helpline
1800 819 817
After Hours Men's Line
1300 789 978

1800 RESPECT
(24 hours, 7 days)

Men's Referral Service
(9am - 9pm)
1300 766 491

DHHS Child Protection
13 12 78

Local Referral Services

Centre for Non-Violence 5430 3000
(business hours) 1800 884 292
<https://www.cnv.org.au/contact-us>

Family Support Services

Anglicare Child First 1800 260 338
Echuca Regional Health 5485 5800
Njernda Family Services 5482 2720
Kyabram Community Learning Centre 5852 0000
Intereach Family Support 1300 488 226

Family Violence Helplines

1800 RESPECT 1800 737 732
Relationships Australia 1800 052 674
Men's referral service 1300 766 491

Victorian Centres Against Sexual Assault 1800 806 292

Kids Helpline 1800 551 800

Australian Childhood Trauma Group 03 9415 6066

Sexual Assault (CASA) 1800 806 292

Rape and Domestic Violence Services Australia 1800 211 028

Victims Assistance Program 1800 819 817